

ABSTRACT OF THE DISCLOSURE

5 The present invention provides a method for
absorbing and releasing hydrogen which comprises applying
repeatedly hydrogen pressurization and depressurization
to a hydrogen storage metal alloy of a body-centered cubic
structure-type phase exerting a two-stage or inclined
plateau characteristic in a hydrogen storage amount vs
hydrogen pressure relation in an appropriate fashion to
10 absorb and release hydrogen, and at least at one stage during
the release of hydrogen, making the temperature (T_2) of the
above-mentioned hydrogen storage metal alloy higher than
the temperature (T_1) of the hydrogen storage metal alloy
during the hydrogen absorption process ($T_2 > T_1$), thereby
15 enabling the release and utilization of occluded hydrogen
at a low-pressure plateau region or an inclined plateau lower
region, which has not been utilized in the prior art. Refer
to FIG. 16.

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